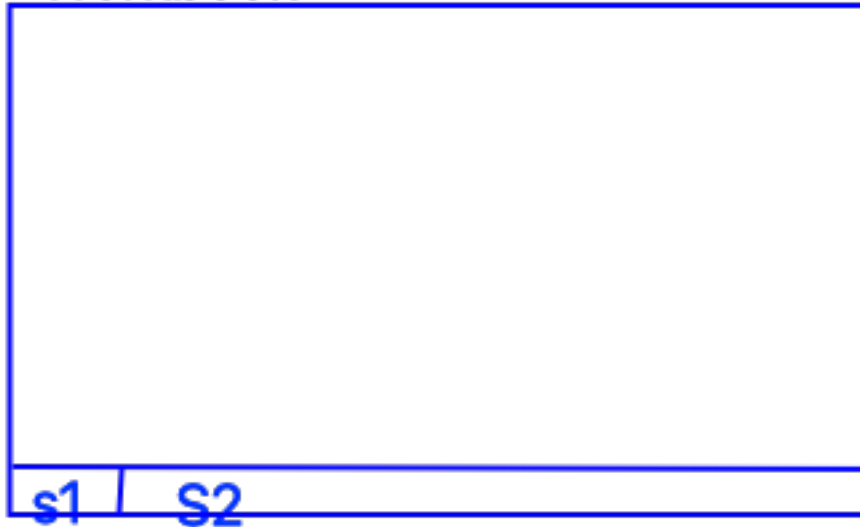**Workbook**

s1	S2

XSSFWorkbook myExcelFile

XSSFSheet mySheet
= myExcelFile.getSheet("s1")

XSSFRow myRow = mySheet.getRow(1);

XSSFCell myCell = myRow.getCell(0)